



Lemon-Thyme Biscuits

 Vegetarian

READY IN



40 min.

SERVINGS



18

CALORIES



84 kcal

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 2 cups flour for dusting all-purpose plus more
- ☐ 1 teaspoon thyme leaves fresh plus more for sprinkling chopped
- ☐ 1 teaspoon kosher salt plus more for sprinkling
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 4 tablespoons butter unsalted cold cut into small pieces
- ☐ 2 tablespoons wheat germ

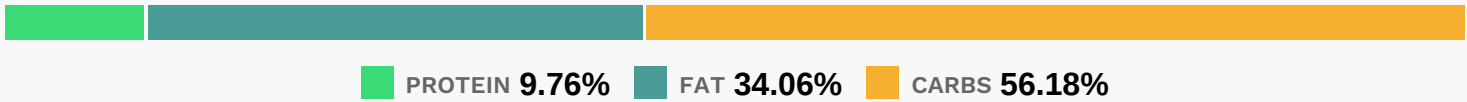
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Whisk the flour, baking powder, baking soda, wheat germ, salt, lemon zest and thyme in a medium bowl. Using a pastry blender or your fingers, work the butter into the flour mixture until it is in pea-size pieces. Gently stir in the buttermilk with a wooden spoon until just moistened. The dough will be loose.
- ☐ Turn the dough out onto a lightly floured surface and knead 3 to 5 times, just until it comes together. (Don't overknead or the biscuits will be tough.)
- ☐ Roll out to 1/2 inch thick, then cut out biscuits using a floured 2-inch-round cutter. Arrange on an ungreased baking sheet. Reroll the scraps and cut out more biscuits.
- ☐ Brush the tops with water and sprinkle lightly with salt and thyme.
- ☐ Bake the biscuits until golden brown, 12 to 15 minutes.
- ☐ Serve warm.
- ☐ Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:7.99, Inflammation Score:-3, Nutrition Score:3.1065217217673%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 83.73kcal (4.19%), Fat: 3.16g (4.87%), Saturated Fat: 1.88g (11.77%), Carbohydrates: 11.74g (3.91%), Net Carbohydrates: 11.25g (4.09%), Sugar: 0.69g (0.77%), Cholesterol: 8.16mg (2.72%), Sodium: 206.21mg (8.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Manganese: 0.18mg (8.95%), Vitamin B1: 0.13mg (8.47%), Selenium: 5.72µg (8.17%), Folate: 27.96µg (6.99%), Vitamin B2: 0.1mg (5.66%), Calcium: 45.2mg (4.52%), Vitamin B3: 0.88mg (4.39%), Iron: 0.76mg (4.21%), Phosphorus: 42.09mg (4.21%), Vitamin A: 105.08IU (2.1%), Fiber: 0.48g (1.94%), Magnesium: 6.23mg (1.56%), Zinc: 0.23mg (1.52%), Copper: 0.03mg (1.48%), Vitamin D: 0.22µg (1.47%), Vitamin B5: 0.13mg (1.3%), Potassium: 40.03mg (1.14%), Vitamin B12: 0.07µg (1.11%)